

Economize On Your Summer Vacation

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NORFOLK, VA. - With summer close by, most of us think about an annual trek to the beaches. Among the most frequent questions we have to answer first are where can I stay and how much of my budget will it take.

Consider the YMCA in Norfolk, Va., as the inexpensive alternative for vacationing in nearby Virginia Beach. A room lets for only \$75 a week. Per day rates are \$15. All rooms are single rooms with private bath and daily maid service.

Assume you want to fly into Norfolk. For \$4.75, a limo will take you to the facility, departing on an hourly basis. If you take either Greyhound (only three blocks away) or Trailways (just nine blocks away), you can walk to the YMCA. If you drive, parking is provided for residents.

To travel the 16 miles to the oceanfront, a metro bus route departs every 20 or 40 minutes (depending on time of day). The cost is \$1.90 and takes as little as 45 minutes. Bus trips begin at 5 AM daily, except weekends at 6 AM. Last bus back is around 10 PM. Bus stop is three short blocks from YMCA. Driving yourself via expressway costs a 25¢ toll and parking at the oceanfront.

Another additional benefit is the YMCA facility use includes heated indoor swimming pool, gym, covered running track, and exercise room.

With resort-front room rates going for as much or more than \$100 a day, the YMCA can offer you an economical alternative. And the YMCA isn't just for men. There

are facilities for women as well.

For advance reservations (recommended during peak season), call or write W. F. M. Feber, Residence Director, YMCA of Tidewater, 312 West Bute Street, Norfolk, VA 23510, TELEPHONE: (804) 622-6328.

Associated Artists to Exhibit Works

Winston-Salem, N.C. - Second time around! Associated Artists again co-sponsors the Annual Henley Southeastern Spectrum, a juried exhibition, which brings to our galleries, May 28-July 4, 1983, exceptional two-dimensional works by artists from the Southeast.

The juror for this show is Mr. Darrel Sewell, Curator of American Art, Philadelphia Museum of Art, Philadelphia, Pennsylvania. There are \$5,000 in total awards.

Shipped entries are due at 214 Winston Square on May 2, 3 and 4. Hand delivered entries are due on May 5, 6 and 7. Hours for receiving are from 10 a.m. to 5 p.m.

Please request prospectus from Associated Artists of Winston-Salem, 226 N. Marshall Street, Winston-Salem, N.C. 27101, or phone (919) 722-0340 or 722-0446 for further information.

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